



UNIVERSITY OF  
FLORIDA


IFAS EXTENSION



# Consumer Highlights



SANTA ROSA FAMILY AND CONSUMER SCIENCES NEWSLETTER

October 2005		Nine Simple Habits That Can Boost Your Brainpower	
Contents:			
Nine Simple Habits That Can Boost Your Brainpower	1	 <p>You can't stop Alzheimer's disease, but you may be able to delay its devastating effects. New research suggests that there are things you can do to add to your neural reserve.</p> <p>Regular exercise, social interaction, and a healthy diet are crucial. But so is doing familiar things in unfamiliar ways. Disrupting routines can stimulate nerve cells, enhance blood flow, and increase the production of chemicals called neurotrophins that protect those precious brain cells.</p>	of your computer. For an extra challenge, try buttoning your shirt one-handed. These changes recruit little-used connections in your brain.
For Sensible Weight Loss, Simply Smartsizes Your Portions	2		
Increase Your Chance For Longevity	3		
Consumer Tips For Dealing With Disaster	4		
In The Garden	5		
Recipes	7		
HCE News	9		
Harvest Happenings	10		
October Calendar	11		

Santa Rosa County Extension Service • 6263 Dogwood Drive • Milton, FL 32570-3500  
 Phone: (850) 623-3868 • (850) 934-5278 • Fax: (850) 623-6151  
 Santa Rosa County EMS (850) 983-5373 (TDD)

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A. & M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating.

bet will work on your motor and visual cortex at the same time. You can find illustrations of the 26 hand positions along side the definition of "Manual alphabet" in some dictionaries or online at [www.iidc.indiana.edu/cedir/kidsweb/amachart.html](http://www.iidc.indiana.edu/cedir/kidsweb/amachart.html).

4. **Do It Blindfolded.** Try familiar activities with your eyes closed. Sort coins using only your sense of touch. Savor a bowl of blueberries, focusing on your senses of smell and taste. Why blueberries? Because they contain compounds that bridge the communication gap between aging nerve cells. "Blueberries are the Dr. Phil for old neurons," says Tufts University neuroscientist James Joseph, Ph.D. "They get them talking to one another."
5. **Puzzle It Out.** Crosswords are great for sharpening language skills, but working on your spatial intelligence with a jigsaw puzzle is more likely to activate new pathways in your brain. You don't have to do it all at once; try putting a few pieces in place a day.
6. **Share Story Time.** Take turns reading aloud with a friend or loved one. Both reading out loud and listening promote the interaction of your brain's left and right hemispheres and activate little-used pathways. Reading silently activates a much smaller part of your mental real estate, as does watching TV together.
7. **Catch a Whiff.** Smell is the only sense that connects directly to a part of the brain called the limbic system, which is involved in processing emotions and storing memories. That's why certain odors can make you feel nostalgic. Listening to music while burning a scented candle will build brain connections by combining two senses—hearing and smell—that don't ordinarily collaborate.

8. **Report the News.** Describing things to others is an excellent way to improve your visual memory. Make it a goal to notice one new thing every day and then tell someone about it later. This will help you improve both attention and memory skills. It will also open your eyes to things you've never noticed before and give you the opportunity to share your discovery with another person.
9. **Take a Walk.** Older adults who start a regular walking program improve significantly on tests of high-level "executive" functions such as planning, scheduling, and task coordination. Aerobic exercise raises levels of a chemical called brain-derived neurotrophic factor, or BDNF, which protects nerve cells from the damage caused by free radicals, boosts the number of connections between neurons, promotes the formation of new capillaries in the brain, and may even be involved in the construction of new neurons from adult stem cells. Studies that have combined strength training, such as lifting weights, with aerobic activity have yielded even greater improvement in cognitive function.

Home Economic Notes  
August & September 2005

## **For Sensible Weight Loss, Simply Smartsizes Your Portions**

What do you do if you're carrying around extra pounds, but visions of calorie charts and carb calculators give you nightmares? Make how *much* you eat, not *what* you eat, your top priority.

**Portions Are the Problem.** Expanding portions, not carbs, are what's making Americans fatter, says Lisa R. Young, Ph.D., R.D., author of *The Portion Teller: Smartsizes Your Way to Permanent Weight Loss* (Random House, 2005.)

We're so used to supersizing that we no longer have a sense of normal-size servings.

To make her point, she asks if you would even *think* of eating five slices of bread for breakfast? No way! But many of us don't think twice about eating a bagel or muffin, which over the years has ballooned to equal five slices of bread. Finish that muffin and you've already used up nearly all your recommended daily grain servings.

**Learn Your Portion Personality.** Portion-size awareness is the first step toward weight control. *The Portion Teller* uses visuals (deck of cards, baseball, your own hand) to help you size up your favorite foods. Your eating style plays a big part in how you deal with food triggers, so Young offers these tips for some common portion personalities:

- **Volume Eater:** *You prefer quantity to quality.* Solution? Do both. Fill half or more of your plate with veggies and divide the rest between lean protein and grains, preferably whole grains.
- **Special Occasion Victim:** *You entertain or travel and are tempted by salty nuts, cheese and cocktails.* Solution? Plan ahead; eat fruit or yogurt beforehand.
- **See-Food Eater:** *You see others eating—at the ballpark, movies or fair—and you simply must have what they're eating.* Solution? Go for the smallest size popcorn or ice cream and share it.
- **Mindless Muncher:** *You tend to nibble all day long.* Solution? Don't eat when standing up; taste only once when cooking; keep healthful snacks on hand.

Environmental Nutrition  
September 2005

## Increase Your Chance for Longevity

Elderly people from Okinawa, Japan have among the lowest mortality rates in the world from many chronic diseases and enjoy the world's longest life expectancy AND the world's longest health expectancy.

After examining over six hundred Okinawan centenarians and numerous "youngsters" in their seventies, eighties, and nineties, researchers saw certain patterns begin to emerge. Here are some important tips and highlights:

### 1. Your lifestyle matters.

While there are some genetic reasons the Okinawans have longevity, the main reasons are the lifestyle choices they make.

### 2. Eating fewer calories is a good idea.

Okinawans eat fewer calories by eating healthier unprocessed foods and by only eating until they feel 80% full.

### 3. Lower your risk for heart disease.

If you follow a heart-healthy diet and get plenty of regular exercise you are on your way to keeping your risk for heart disease low, just like the Okinawans. They also moderate alcohol use, avoid smoking and control their blood pressure.

### 4. Lower risk for hormone-dependent cancers.

Okinawans are at extremely low risk for hormone-dependent cancers including cancers of the breast, prostate, ovaries, and colon. Compared to North Americans, they have 80% less breast cancer and prostate cancer, and less than half the ovarian and colon cancers. Some of the most important factors that may protect against those cancers include low calorie intake, high consumption of fruits and vegetables, higher intake of omega-3, high fiber diet, high flavonoid intake, low body fat level and high level of physical activity.

**5. Keep your bone density high.**

Keep your bones in good health with a healthy lifestyle, especially by getting enough calcium and vitamin D, being physically active and eating a diet rich in plant foods.

**6. Keep lean and fit.**

By following a healthy diet and staying physically fit, Okinawans stay thin and in better physical shape.

FMI see [www.okinawaprogram.com](http://www.okinawaprogram.com).

Communicating Food for Health  
August 2005

## Consumer Tips For Dealing With Disaster

Disaster is a part of life. When disaster occurs the following 11 tips can help you keep your balance and protect your future.

**Tip 1: Don't Panic! Stay in control.**

Remember you have survived other disasters and you probably will also survive this one. As calmly as possible assess the situation and take appropriate action.

**Tip 2: Practice prudent consumer behavior.**

Use good judgment in making decisions. Many people lose money by turning their investments into cash in a panic and buying high-priced "so called" survival and protection items. Currently there are some good bargains in the stock market if you choose investments wisely. Panic buying can be costly. Before buying items such as a gas mask, a year's supply of food, or a gun in response to a specific risk or emergency ask yourself, "Just when, where and how will I use

this purchase? How will it help me? And how will I store it?"

**Tip 3: Avoid con artists and gougers.**

Recently it was reported that gasoline tripled in price in one day. During hurricanes or tornadoes the price of items from ice to generators may more than triple. Watch out for these opportunists and choose not to be a victim.

**Tip 4: Be a good citizen.**

Report con artists, gougers and anyone who behaves in a suspect manner to the appropriate authority, such as: local police, Attorney General's office or Department of Agriculture and Consumer Services.

**Tip 5: Manage credit wisely.**

Keep credit card and debt balances below the maximum. Credit is one way many Floridians manage emergencies. By keeping the limit below the maximum, you will have a temporary emergency fund available in the short term.

**Tip 6: Know where your Important Papers are.**

A well-ordered home filing system is important in responding to disasters. An updated household inventory is important in a speedy adjustment to property loss. The whereabouts of insurance policies will save time and stress in dealing with any type of covered loss resulting from a disaster. It is also important to locate contracts, bank and investment information. Knowing where family members are and how to locate them is important as well as knowing who and where family advisors are and how to locate them. If you need more information on what important papers to keep, where to keep them and how long to keep them contact your local county extension agent for information.

**Tip 7: Keep gasoline in your car.**

This is standard procedure for families in remote areas of the state. A good rule is to keep at least 1/4 of a tank of gasoline at all times.

**Tip 8: Review and update insurance policies.**

It is a good practice to review your insurance policies on a regular basis. If your family situation has changed, review your coverage for life, health, and disability insurance. Do you need more or less insurance? Do you need to change beneficiaries? Check property insurance to ensure that your property is adequately covered. If you have an old car you may want to reduce coverage. Yet your "old" house may have increased in value and need more insurance.

**Tip 9: Review and update your will and other property transfer documents.**

Data show that only one out of four have a **personal will**. Remember, if you don't make your wishes known about the disposition of your property through properly executed transfer documents, the state has specified what will happen to your property. Many people will not have a problem with the first line to inherit but the problem comes with the second and third line to inherit.

**Tip 10: Review your living will.**

If you do not have one you may want to consider writing one. A living will is a written statement indicating that the signer does or does not wish extraordinary medical measures to be taken if he or she has no reasonable expectation of recovery. Living wills must conform precisely to laws in the state of the signer's residence. Hospitals routinely ask patients if they have a living will or if they want to write one.

**Tip 11: Implement a standing plan.**

Develop and use a "standing plan" for your actions. A standing plan is one that you and your family have developed in the event of disasters. The plan should include:

- What would you do immediately to get to safety?
- What would you take with you if you have time to evacuate (what papers, clothes, food, etc.?)
- Remember you always need identification on your person even when you walk or jog.
- What follow-up actions would you implement?
- Where would you and your family meet if you were separated (school, church, police department, etc.?)

**In The Garden**

By  
Theresa Friday, Horticulture Agent

**Master Gardener Program**

Do you enjoy helping others? Have you ever wanted to learn more about growing plants? Are you interested in fruits, vegetables, ornamentals or lawns? If you answered yes to these questions, your chance may be just around the corner.

A horticulture program, called Florida Master Gardener, will be offered in January 2006 by the UF/IFAS Santa Rosa County Extension Service to provide horticultural training for selected home gardeners in Florida. Applications will be taken from now through November 15, 2005.

Master Gardener is a title given to individuals who receive 50 hours of in-depth horticultural training from County Extension Agents and agree, in return, to give 50 hours of volunteer service helping their communities through their local county extension program.

For more information on the Master Gardener Program call the Santa Rosa County Extension Office at 623-3868 or email Theresa Friday at [theresaf@co.santa-rosa.fl.us](mailto:theresaf@co.santa-rosa.fl.us).

## October Gardening Tips

### Flowers

- Get ready to protect valuable container grown tropical and subtropical plants. Move them indoors when night temperatures drop into the 40°F range.
- To get a Christmas cactus or poinsettia to bloom for Christmas be sure it is not getting light at night. Starting approximately October 1, put the plants in a dark area that receives no light from 5 p.m. to 8 a.m. Keep putting it in the dark at night for one month for the cactus, six to eight weeks for the poinsettia. Place the plant in its normal growing area during the day so that it gets sufficient light.
- Set out bachelor buttons, calendulas, dianthus, delphinium, flowering cabbage or kale, foxglove, mums, nasturtium, Shasta daisy, snapdragon, statice, sweet alyssum, pansies and petunias.
- Obtain wildflower seeds and prepare for planting in November. Prepare the soil by tilling thoroughly to a depth of 4 to 5 inches. Find a local source, or order seed so that planting can be done during late October or early November. Anyone who is not experienced with the establishment of wildflower plantings should start with a good mixture of several kinds. Choose a southern or southeastern mixture containing such proven species as coreopsis, Indian blanket, lemon mint, coneflower, Drummond phlox, larkspur, black-eyed susan and yarrow.
- Divide crowded perennials such as ajuga, daylilies, liriope and mondo.
- Continue to spray roses for diseases.

### Trees and Shrubs

- Prepare for making an application of horticultural oil this fall if scales, mites, and other plant sucking insects have been a problem on woody ornamentals.

- Fall is an ideal time for planting many trees and shrubs. When transplanted during the fall, the roots of woody ornamentals continue to grow throughout the winter. This results in plants that are well on their way toward establishment before hot weather the following spring.

### Fruits and Nuts

- Locate a source of fruit trees and place your order. Most are shipped to local outlets during December or January.
- Begin planting strawberries in mid to late October. Set out strawberry plants in the garden, in planters or in "strawberry jars."

### Vegetable Garden

- Plant seeds or establish transplants of these cool season vegetables: beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, Chinese cabbage, collards, kale, kohlrabi, leek, lettuce, mustard, onions, parsley, radish, spinach and turnips.

### Lawns:

- Continue mowing and providing general care, including irrigation. **Avoid** the application of a fertilizer. This could encourage excessively tender grass that would result in winter damage. Instead, allow the grass to gradually go dormant.
- Overseeding of the permanent lawn with annual ryegrass can be done during October and early November. Though a well kept cool season lawn can be attractive, it requires a commitment. Regular mowing, irrigation and a couple of light, supplemental applications of fertilizer will be required during the winter in order to keep the lawn looking its best. Seed should be applied during October or early November. Use 10 pounds of seed per 1,000 square feet of area.
- Apply a pre-emergence herbicide in early October to control winter weeds.





## Recipes



### Mixed Berry Cobbler

#### Fruit Layer:

1/4 c. sugar  
1 Tbsp. cornstarch  
1 tsp. freshly grated lemon zest  
4 c. mixed fresh *or* frozen berries, such as raspberries, blackberries, and blueberries  
1 medium apple, peeled, cored, and diced

#### Topping:

6 slices whole-wheat sandwich bread, crusts trimmed  
2 Tbsp. sugar  
1/4 tsp. ground cinnamon  
2 large eggs  
1/3 c. 1% milk  
2 tsp. butter, melted  
1 tsp. vanilla extract

Preheat oven to 400°F. Coat an 8- by 8-inch baking dish with cooking spray. Stir 1/4 cup sugar, cornstarch, and lemon zest together in a large bowl. Add berries and apple; toss to coat well. Transfer to the prepared baking dish. Cover with foil and bake for 20 minutes, if using fresh berries, or 30 minutes, if using frozen.

Meanwhile, trim bread crusts and cut each slice in half diagonally. Mix 2 Tbsp. sugar and cinnamon in a small bowl. Whisk eggs, milk, butter, and vanilla in a shallow glass dish, such as a pie pan. Soak bread in the egg-milk mixture, turning slices for even soaking.

When fruit has baked for the allotted time, stir it, then arrange the soaked bread slices, slightly overlapping, over the top of the fruit. Sprinkle the sugar-cinnamon mixture evenly over the bread. Return the cobbler to the oven and bake, uncovered, until the fruit is bubbling and the

topping is golden and crisp, 25 to 35 minutes longer. Let cool slightly and serve warm (with a dollop of low-fat ice cream or vanilla yogurt, if desired).

**Yield:** 6 servings

**Per serving:** *Calories: 200, Fat: 4 grams, Saturated fat: 2 grams, Sodium: 140 milligrams, Fiber: 6 grams, Carbohydrates: 39 grams*

### Mozzarella and Tomato Salad

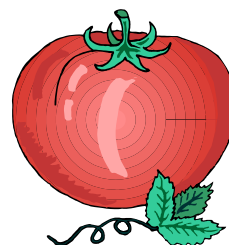
2 oz. part-skimmed mozzarella cheese, cut into very thin slices  
2 medium tomatoes cut into 1/4" slices  
1 Tbsp. red wine vinegar  
1 tsp. olive oil  
1/2 tsp. Dijon mustard  
1/2 tsp. dried parsley  
1/4 tsp. dried basil  
1/4 tsp. sugar (or the equivalent in artificial sweetener)  
1/8 tsp. pepper

Cut sliced cheese into pieces that are about half the size of the tomato slices. On a large plate, alternate slices of tomato and mozzarella cheese. Arrange slices so that the top half of each tomato is not covered with cheese. Mix remaining ingredients and drizzle over salad just before serving. Serve at room temperature.

**Yield:** 4 servings, One serving: 1/4 recipe

**Per serving:** 72 calories, 5 grams carbohydrate, 4 grams protein, 4 grams fat

**Exchanges:** 1/2 medium-fat meat, 1 vegetable



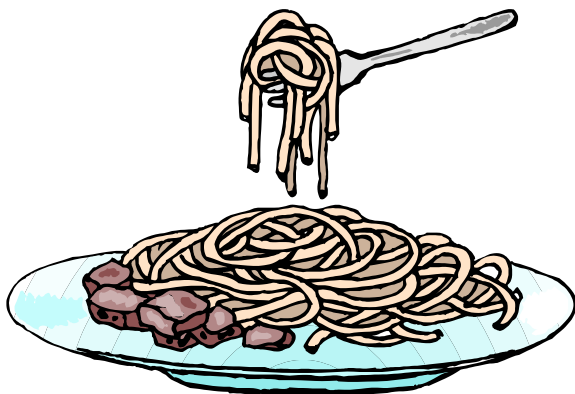
### Asian Noodle Bowl

8 oz. dry spaghetti  
 2 tsp. vegetable oil  
 2 cloves garlic, minced  
 1 small onion, sliced thin  
 1/4 c. chopped bell pepper  
 3 c. fresh broccoli tops  
 3/4 c. water  
 1/4 c. chopped peanuts  
 1/4 c. barbecue sauce  
 1 Tbsp. peanut butter  
 1 tsp. chili powder

#### *Directions:*

1. Cook spaghetti according to package directions; drain in colander.
2. Heat a large nonstick skillet or wok over medium-high heat. Add oil and saute the garlic, onion and pepper until golden, about 3 minutes.
3. Add the water and broccoli and cook until broccoli is crisp-tender, about 3 minutes.
4. Add the rest of the ingredients, reheat briefly and serve over spaghetti.

*Serves 4. Each 2-cup serving: 374 calories, 8 g fat, 1.2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 256 mg sodium, 59 g carbohydrate, 7 g fiber, 15 g protein.*



### Fall Lentil Chili

This chili is delicious for lunch or dinner. Lentils cook quickly (no soaking required) and are packed with nutrients and fiber.

#### *Ingredients:*

Olive oil cooking spray (or use 1 teaspoon olive oil)

1 c. diced onion  
 1 clove garlic minced  
 4 c. low-sodium V8  
 1 potato, cubed (with skin—rinse dirt off first)  
 1 c. dry lentils  
 1 c. diced carrots  
 2 tsp. chili powder

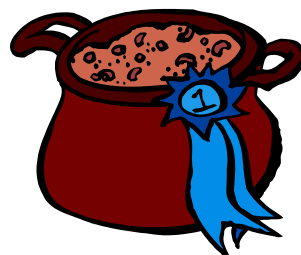
Garnish: 6 Tbsp. nonfat sour cream

#### *Directions:*

1. Generously spray a Dutch Oven with olive oil spray. Heat over medium-high heat.
2. Sauté the onion and garlic until lightly golden, about 2 or 3 minutes.
3. Add the rest of the ingredients and bring to a boil. Cover and simmer on low until the lentils and vegetables are tender, around 20-25 minutes.
4. Serve chili in bowls and garnish the top of each one with a tablespoon of sour cream. We recommend serving this chili with your favorite steamed vegetables.

Makes 6 servings.

Each 1-cup serving: 191 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 114 mg sodium, 35 g carbohydrates, 12 g fiber.







## HCE NEWS



### **Origami Workshop** **September 29, 2005-9:30 AM** **Pace-Pearidge Clubhouse**

This workshop was rescheduled due to Hurricane Dennis. Bring 6" or larger square of paper and fabric, scissors and craft glue. Bring a sack lunch. The Council will provide drinks.

### **Harvest Happenings** **October 1, 2005** **Extension Office**

See attached flyer for details.

### **Council Meeting/Leader Training** **October 6, 2005- 9:30 AM** **County Extension Office**

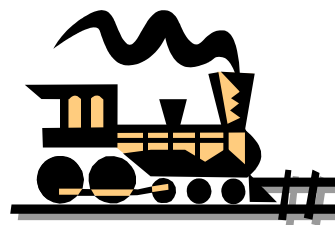
The topic for this month will be ***"Identity Theft."*** Wallace is the hostess club. Invite some friends to come to this informative training.

### **Beaches to Woodlands Tour** **Month of October (Weekends)**

The Beaches to Woodlands Tour will give artists a chance to exhibit and/or sell their work at local festivals.

Festivals include:

- Old Spanish Trail Sale Art and Food Fest: October 1 at various locations in downtown Milton.
- Munson Community Heritage Festival: October 8 at Blackwater River State Forest.
- Riverwalk Depot Day and Open House at West Florida Railroad Museum: October 15 at Riverwalk in downtown Milton and at train depot. Heritage artisans will be demonstrating at train museum.



# HARVEST HAPPENINGS RHAPSODY OF TREES



1 OCTOBER 2005  
9:00AM TO 4:00 PM



PRESENTED BY  
UF/IFAS SANTA ROSA COUNTY EXTENSION  
AND THE  
SANTA ROSA COUNTY MASTER GARDENERS

## WHERE

Santa Rosa County Extension  
Office

Directions: The extension  
Office is located at 6263  
Dogwood Drive (Hwy 89)  
3.3 miles past the Milton post  
office on the left. It is the next  
left after the Army Reserve Center  
For more information, call  
850-623-3868

Harvest Happening is on the  
Beaches to Woodlands Tour.  
For more information, contact  
the Santa Rosa Tourism  
Development Council at 850  
939 2691 or email  
BeachesWoodland@aol.com  
Specialized Group Tours  
Available!



## Highlights Include:

Free Educational Seminars  
Free Native Trees  
Demonstration Garden Tours  
Live Garden Characters  
Plants Sale (Perennials, (Herbs)  
Garden Arts and Crafts  
Fun Children's Activities  
Food Court  
Informational Displays

\*Free Soil Sample analysis (pH)





\*\*Free Well Water Salinity Testing

\*How to take a soil sample: Using a trowel or shovel, push back any existing vegetation and/or mulch and obtain a small amount of soil from 10-15 different spots over the area you wish to test. When you sample a lawn, take the soil from the upper 2-4 inches. When sampling a vegetable garden or landscape plants, take soil from the upper six inches. Place the 10-15 cores into a clean, dry, plastic bucket. Mix thoroughly and allow to dry. Submit approximately 2 cups of your composite sample in a container or plastic baggie with your name, address and phone number.

\*\*This test measures the salt level in your well water. Collect a sample of your well water by allowing the water to flow for several minutes and collect approximately 2 cups in a clean container with your name, address and phone number.

Extension programs are open to all persons without regard to race, color, sex, age, disability, religion or national origin. For persons with disabilities requiring special accommodations, please contact the UF/IFAS Santa Rosa County Extension at (850) 623 3868 at least five (5) working days prior to the program so that proper consideration may be given to the request



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div><div>Origami Workshop</div><div>September 29, 2005 - 9:30 AM</div><div>Pace-Pearidge Clubhouse</div></div></div>					<div>Old Spanish Trail Art &amp; Food Festival --&gt; Downtown Milton</div>	<div><div>1</div><div>Harvest Happenings Extension Office</div><div>9:00 AM-4:00 PM</div></div>
<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div><div>6</div><div>Council Meeting/ Leader Training</div><div>9:30 AM</div><div>Extension Office</div></div>	<div>7</div>	<div><div>8</div><div>Munson Community Heritage Festival</div><div>Blackwater River State Forest</div></div>
<div>9</div>	<div><div>10</div><div>Columbus Day</div><div></div></div>	<div>11</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div><div>15</div><div>Riverwalk Depot Day &amp; Open House</div><div>Downtown Milton &amp; Train Depot</div></div>
<div>16</div>	<div>17</div>	<div><div>18</div><div>Skyliners Club Mtg. - 9:30 AM</div><div>Conference Room</div><div>Paula Ernest</div></div>	<div>19</div>	<div><div>20</div><div>Milton Club Mtg. - 9:30 AM</div><div>Extension Conference Room</div></div>	<div>21</div>	<div>22</div>
<div>23</div>	<div>24</div>	<div>25</div>	<div><div>26</div><div>Wallace Club Mtg. 10:00 AM</div><div>Wallace Clubhouse</div></div>	<div><div>27</div><div>Pace-Pearidge Club Mtg. - 10:00 AM - Pace- Pearidge Clubhouse</div></div>	<div>28</div>	<div>29</div>
<div><div>30</div><div></div><div>Daylight Saving Time Ends</div></div>	<div><div>31</div><div>Halloween</div><div></div></div>	<div><div></div><div><div>Pensacola Interstate Fair</div><div>October 20-30, 2005 - Pensacola Fair Grounds</div></div></div>				

The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.



Sincerely,

Linda K. Bowman, R.D., L. D.  
Extension Agent IV  
Family & Consumer Sciences  
Santa Rosa County

LKB:emt

NON-PROFIT ORGANIZATION  
US POSTAGE PAID  
MILTON FL  
PERMIT NO. 68

Santa Rosa County  
6263 Dogwood Drive  
Milton, FL 32570-3500

IFAS EXTENSION  
FLORIDA  
UNIVERSITY OF

